



SRUC – BARONY PROJECT PRESENTATION

The background is a collage of three images: a sea turtle swimming in blue water on the left, a snow-capped mountain range in the center, and a green tree frog with red eyes on a green leaf on the right. A large, semi-transparent dark blue circle is centered over the mountain image, containing the text 'Costa Rica Group Expedition'.

Costa Rica Group Expedition

A graphic of the South American continent in orange, with the text 'SOUTH AMERICA' in white, bold, sans-serif font inside a semi-transparent orange circle.

**SOUTH
AMERICA**

GLOBAL reach. **ADVENTURE** for all. **PROJECTS** to inspire.

ABOUT US:



GAP Africa Projects

- We are a specialised travel company that offers academic trips and volunteering opportunities for groups and individual travellers, in a number of locations worldwide
- We pride ourselves on curating experiences which are personalised to your needs and requirements
- Our first project travelled in 2010
- Full ATOL Bonding
- Working with over 50 Colleges and Universities around the UK
- A small dedicated team in the UK and South Africa.



WHY SHOULD I TRAVEL?



What do previous travellers say about the Shamwari Conservation Expedition?



I loved being able to be there to witness Laguna urpiano collect **turtle** eggs to **protect** and be able to see a leatherback turtle."



"Going to the different **National Parks** such as the Monteverde National Park and making lots of **new** friends "



"I think this trip has helped me to **mature** and become more **independent**"

Reference: GAP Africa Projects Post Project Trip Questionnaire 23/24



ABOUT COSTA RICA

Project Overview and
Location



ABOUT COSTA RICA



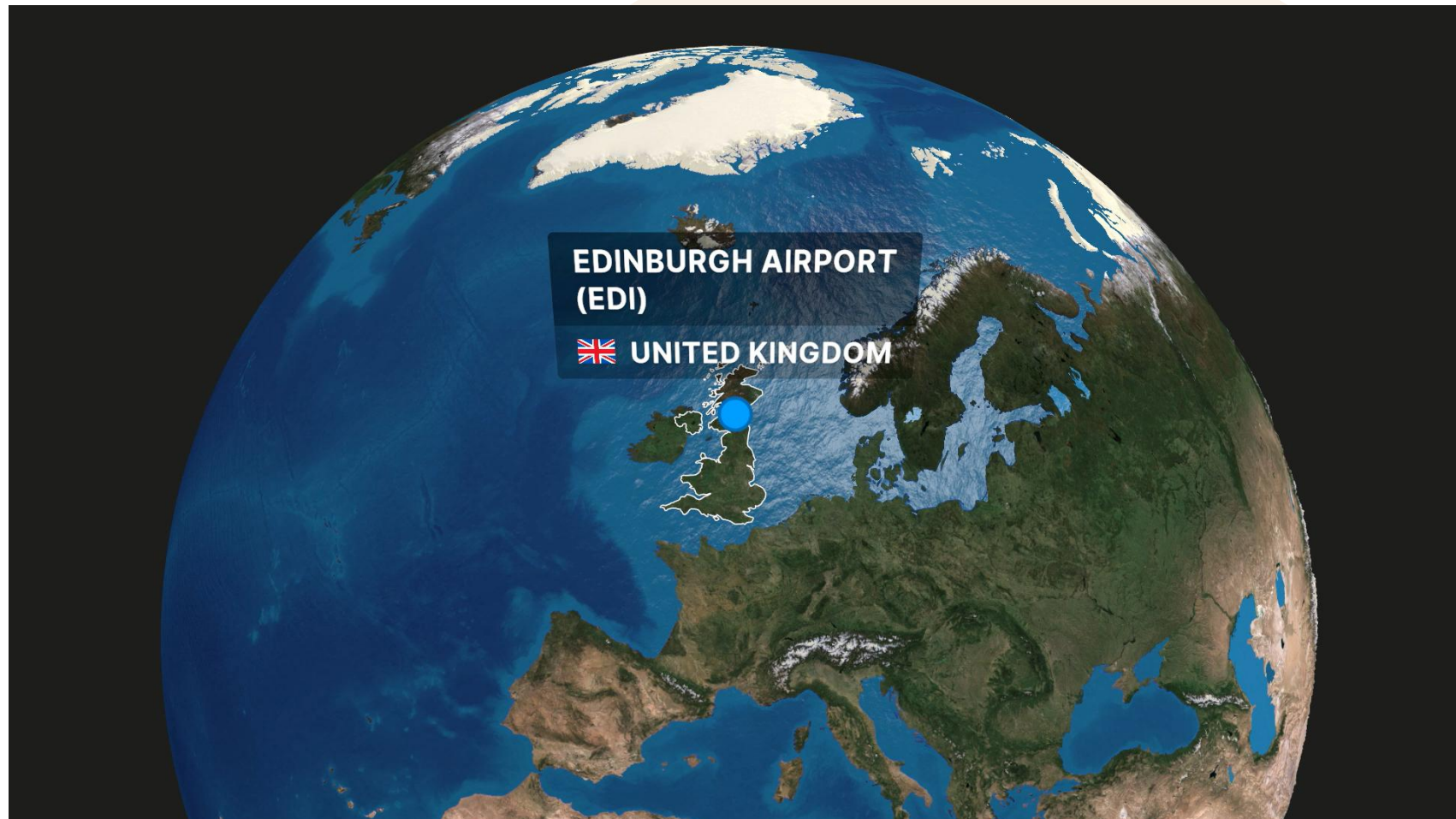
Your Conservation Field Trip Explained

- A unique conservation experience-based Costa Rica
- Experience Turtle Conservation Efforts on the Caribbean Coast
- Opportunity to visit various Rainforests and National Parks
- Experience one of the greatest biodiverse countries on earth
- Project Activities include:
 - Turtle Conservation
 - National Park Visits
 - Wildlife Centres and Rehabilitation
 - Eco System Conservation
 - Marine Conservation & Whale Watching
- All-inclusive experience
- A true wilderness adventure!

ABOUT COSTA RICA



Location



ABOUT COSTA RICA



Your Programme Itinerary

A full 16 day conservation programme split between two main centres

- ❖ Day 1 – Arrival and Orientation. Overnight at Esparza.
- ❖ Days 2 – 9 – Turtle Conservation Research at the remote Pacuare Reserve
- ❖ Day 8 – Braulio Carrillo National Park. Overnight at Esparza.
- ❖ Day 9 – Monteverde Cloud Forest Reserve. Overnight at Esparza.
- ❖ Day 10 – Marino Ballena National Park. Overnight at Esparza.
- ❖ Day 11 – Manuel Antonio National Park. Overnight at Esparza.
- ❖ Day 12 – Toucan Rescue Ranch. Overnight at Esparza.
- ❖ Day 13 – Maritime Park Puntarenas. Overnight at Esparza.
- ❖ Day 14 – Las Hornillas, Miravalles Volcano. Overnight at Esparza.
- ❖ Day 15 – River Tarcoles and the mangroves. Overnight at Esparza.
- ❖ Day 16 – Flight Home





ABOUT THE PROJECT

Our conservation work
in more detail

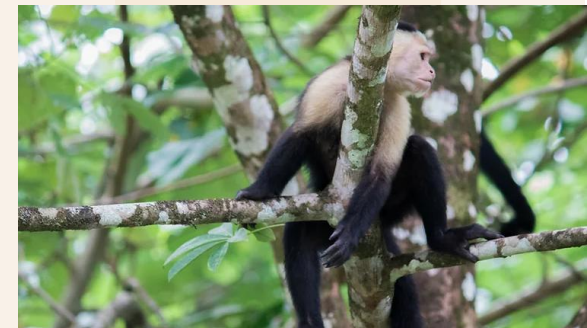


YOUR PROJECT



Pacuare Turtle conservation programme

- 1700 acres of tropical forest with 6km of coastline
- One of the most important nesting sites for Leatherback, Green Sea and Hawksbill turtles
- 750,000 hatchlings have been released into the sea
- 2500+ species of fauna
- 3 primate species
 - White Faced Monkey
 - Howler Monkey
 - Spider Monkey
- 252 bird species
- 32 mammal species including Jaguar and Ocelot



YOUR PROJECT



Pacuare Turtle conservation programme

- Night beach patrols
- Collecting biometric data from nesting turtles
- Relocating of nests
- Nest Monitoring
- Day/night hatchery duties
- Beach cleaning
- Hatchling liberation
- Basic construction work, building hatcheries for example
- General maintenance
- Maintenance of volunteer accommodation
- Reforestation work – collecting/sorting of seeds, planting saplings



YOUR PROJECT



Helping to Construct Turtle Hatchery

During your time at the project, it may be required to build new hatcheries or maintain existing ones.

As a volunteer, you will assist the research team with this task.



YOUR PROJECT



Night Patrols of the Beach

Patrols are lead by an experienced patrol leader walking a sector of the beach searching for nesting females. Once a turtle is encountered the leader, with the aid of the volunteers, will collect information; the length and width of the turtle, nest location and its dimensions and the number of eggs laid.

The eggs will be carefully removed by the group leader and relocated to the hatchery. Turtles are sensitive to light, if any light is to be used on the beach only red light is permitted.



YOUR PROJECT



Nest Patrols and Taking Biometric Data

During a hatchery shift you will need to check for baby turtles that have left the nest and need to be placed on the beach so they return to the water, monitor the hatchery for any potential threats to the nest e.g. crabs.

Assist with the relocation of eggs found on patrol, recording data on the number of eggs, their original location and where they are relocated to.



YOUR PROJECT



Releasing Baby Turtles

At certain times of the year, groups will have the privilege to assist the research team in releasing baby turtles from the hatcheries back to the ocean.



YOUR PROJECT



Pacuare Reserve



YOUR PROJECT



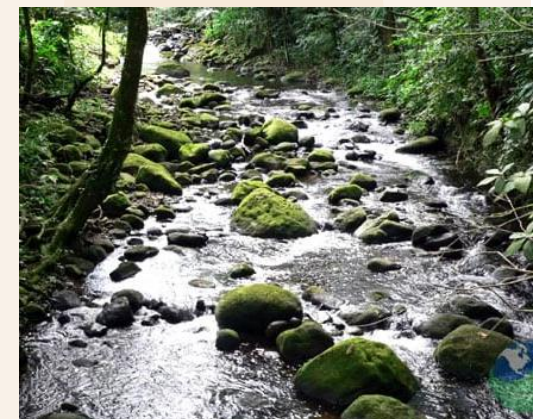
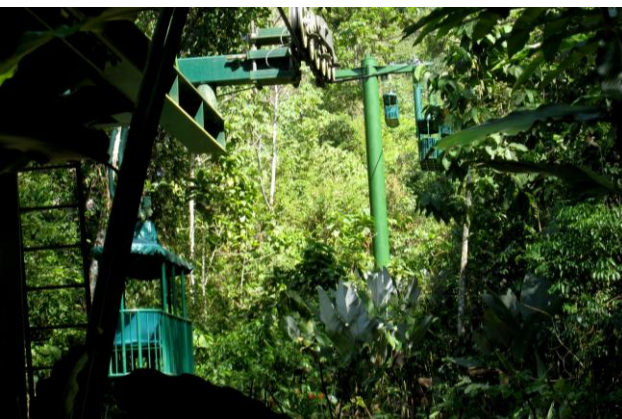
Braulio Carrillo National Park

Braulio Carrillo National Park protects 117,300 acres of rainforest.

Rainforest Adventure: Aerial Tram above the jungle.

Guided nature tour of butterfly garden, terrarium (snakes, frogs, turtles), orchid garden, hummingbirds.

500 Species of bird, 150 Species of mammal.



YOUR PROJECT



Monteverde Cloud Forest Reserve

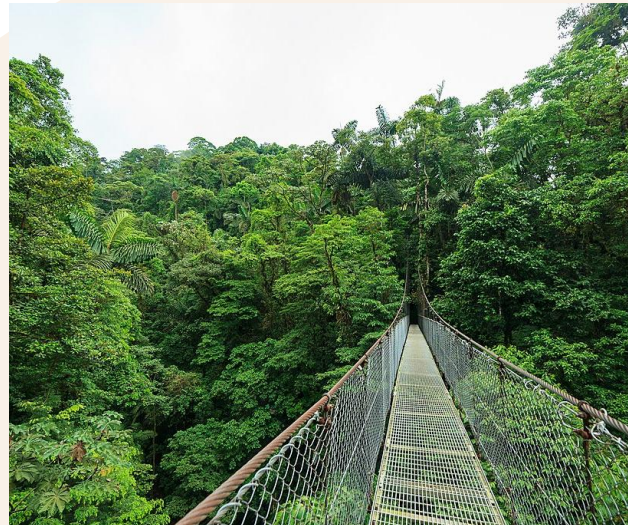
The cloud forest protects 35,000 acres of rainforest.

There are over 100 species of mammals, 400 species of birds, and 1,200 species of amphibians and reptiles

2.5% of the world biodiversity can be found within its bounds.

Over 8 miles of trails to be explored.

Lecture on Natural History and Conservation.



YOUR PROJECT



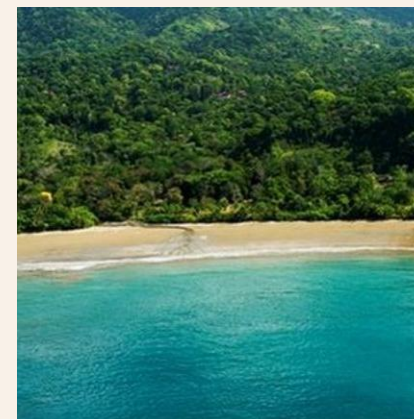
Marino Ballena National Park

Over 5,000 hectares of protected marine area created as safe haven for humpback whale migration.

Visit the coral and rock reefs to snorkel and observe the wonderful marine wildlife.

View the caverns of Ventanas Beach.

Marine tour to search for Humpback Whales and two species of resident dolphins.



YOUR PROJECT



Manuel Antonio National Park

Smallest National Park in Costa Rica at just 682 hectares.

Talk on conservation and guided tour of the park.

Lots of activities to explore during your free time.



YOUR PROJECT

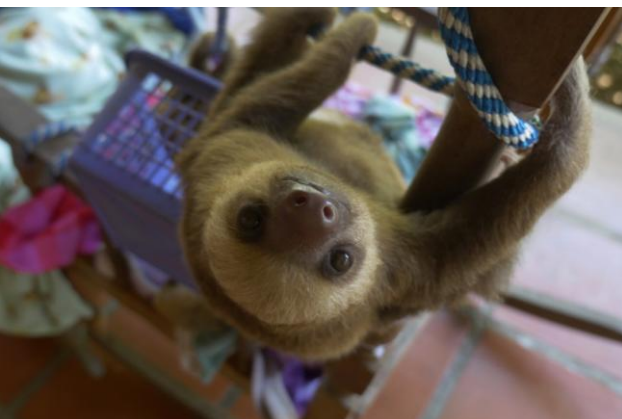


Toucan Rescue Ranch

Hands on work at the toucan rescue ranch.

Introductory talk on sloth conservation.

Tour of ranch to meet sloths, toucans, birds and other mammals.



YOUR PROJECT



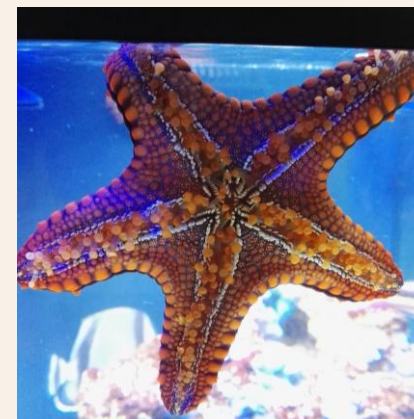
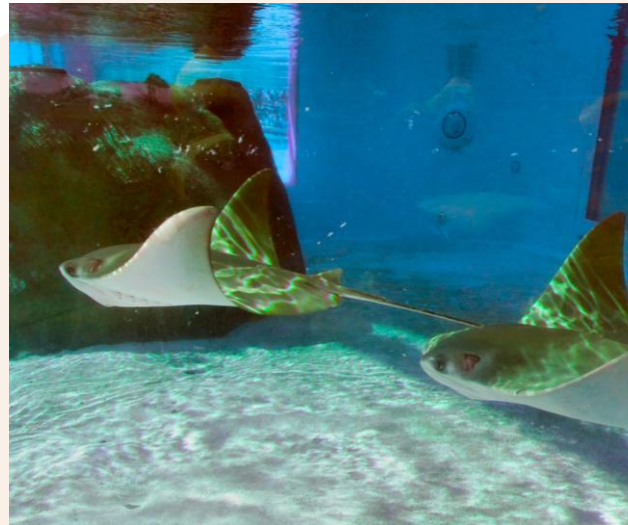
Maritime Park Puntarenas

Marine park focused on coastal, marine education.

Marine animal rehabilitation and rescue centre.

Guided tour and educational talk on the work carried out at the centre.

They work to protect 13,000 hectares of ocean and 9 miles of coastline.



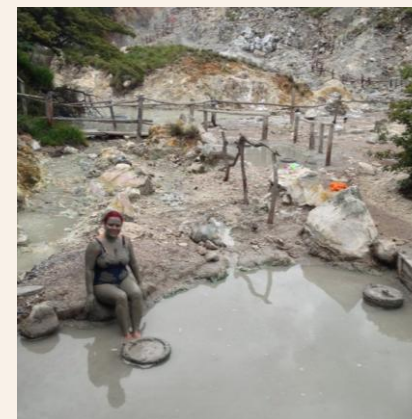
YOUR PROJECT



Las Hornillas, Miravalles Volcano

Guided tour of Volcano and Waterfalls.

Opportunity to experience hot springs, mud baths and sauna created by the live volcanic crater.



YOUR PROJECT



Carara National Park & River Tarcoles

Boat tour on the River Tarcoles and the mangroves.

Opportunity to see crocodiles, birds and monkeys up close.

Horse riding on the beach.

Souvenir Shopping.





LIFESTYLE & ACCOMMODATION

Life in Costa Rica



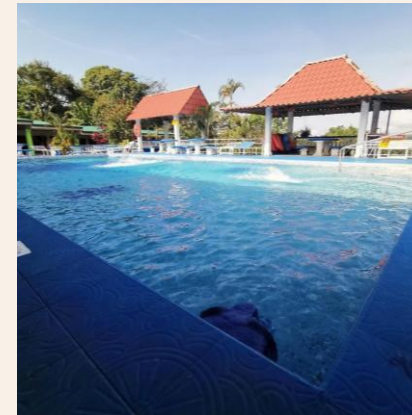
ACCOMMODATION & LIFESTYLE



Pacuare Turtle Project & Esparza

Accommodation at the turtle project is in shared beach huts, these are basic, clean and comfortable. There are small lockers available for personal valuables such as passports – you will need to bring a padlock. Electricity is generated via solar and has to be rationed, so can be sporadic.

The family run volunteer accommodation in Esparza has shared rooms, which are lockable, in two linked houses with a large garden with BBQ, table tennis and badminton. WiFi coverage and hydroelectricity are both excellent.



ACCOMMODATION & LIFESTYLE



Food

Whilst at Pacuare Turtle Project you will have three meals a day provided. Generally, this will be local food – rice and beans!

Please be aware there is no shop at the Turtle Centre so ensure you have bought any snacks/drinks before arriving.

When at Esparza breakfasts and some dinners will be provided at the volunteer accommodation; meals are mainly taken in the volunteer accommodation on site during activities (the cook is excellent); for those meals that are not included at Esparza there are a variety of restaurants in the vicinity that offer different choices.

Jamie Oliver referred to Costa Rican food as 'honest, simple and delicious'.

It is important that you advise us of any dietary requirements be they preference, allergies or intolerances so we can advise the project to enable us to ensure that you are adequately catered for.





USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List



WHAT'S INCLUDED



What is included?

- Flights
- Transfer to/from project
- Accommodation
- Three meals per day
- All activities as part of the project
- ATOL protection
- Airport meet/greet
- 24 hour in country support

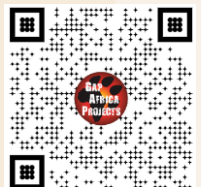


NOT Included

- Personal Travel Insurance *
- Selected meals
- Any activities not specified as part of the project
- Visas/travel documents
- Tips

* We recommend you take out insurance as soon as your booking is confirmed

<https://www.true traveller.com/?tag=4480>



FLIGHT INFORMATION

Departure from the United Kingdom | Arrival to Costa Rica



Edinburgh Airport

Group to meet at Check-in zone @ 03.00

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF1887	06/06/2025	Edinburgh (EDI)	06.00	Paris (CDG)	09.00
Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF0430	06/06/2025	Paris (CDG)	14.00	San Jose (SJO)	17.25

Pairs Airport

Check the board for the departure gate, Bags checked through to San Jose

San Jose Airport

Clear immigration & collect baggage to clear customs

Meet and Greet at the arrivals Hall

Transfer to Esparza

Costa Rica is 6 hours behind the UK



FLIGHT INFORMATION



Air France

Cabin Baggage



12kg in weight
No larger than 55x35x25cm

Hold Baggage



23kg of hold luggage
Max. size 158 cm

FLIGHT INFORMATION



Departure from Costa Rica | Arrival to the United Kingdom

Check-in at San Jose Terminal M @ 16.40

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF0431	23/06/2025	San Jose (SJO)	19.40	Paris (CDG)	14.20+1day
Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF1180	24/06/2025	Paris (CDG)	15.45	Edinburgh (EDI)	16.35



WEBPAGE



<https://gapafricaprojects.com/25-4633/>





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